
Tools to Plan Support

— Webinar #3 March 8, 2022 —

Brought to you by...



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Institute for Disability Research, Policy & Practice
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Why a Webinar Series on Person-Centered Planning?

- Want to connect waitlist families to resources and support OUTSIDE DSPD that can be accessed while waiting
- Provide information and practice on Person-Centered Planning, as it is a core element for those receiving DSPD services
- Focused on the needs and wants of the person
- Allows control over their own life by directing the process to the extent they can
- Shown to have positive outcomes

Person-Centered Planning Tools for Support

- *One-Page Profile*
- **Charting the LifeCourse tools**
 - *Life Trajectory*
 - *Life Domain Vision Tool*
 - **Integrated Supports Star**
 - Tool for Supported Decision-Making
- **Relationship Map**
- Good Day/Bad Day

Webinar Series Format

- Webinar to provide information
- 2 weeks later - Drop-in Session to get questions answered, 1:1 support, etc.
- 4 Total Webinars
- 4 Drop-in Sessions
- Option to continue after 4 planned sessions
- Upcoming Drop-In: March 22 10:00-11:00 AM
- Future Webinar Dates
 - April 12 with a drop-in on April 26


One-Page Profile

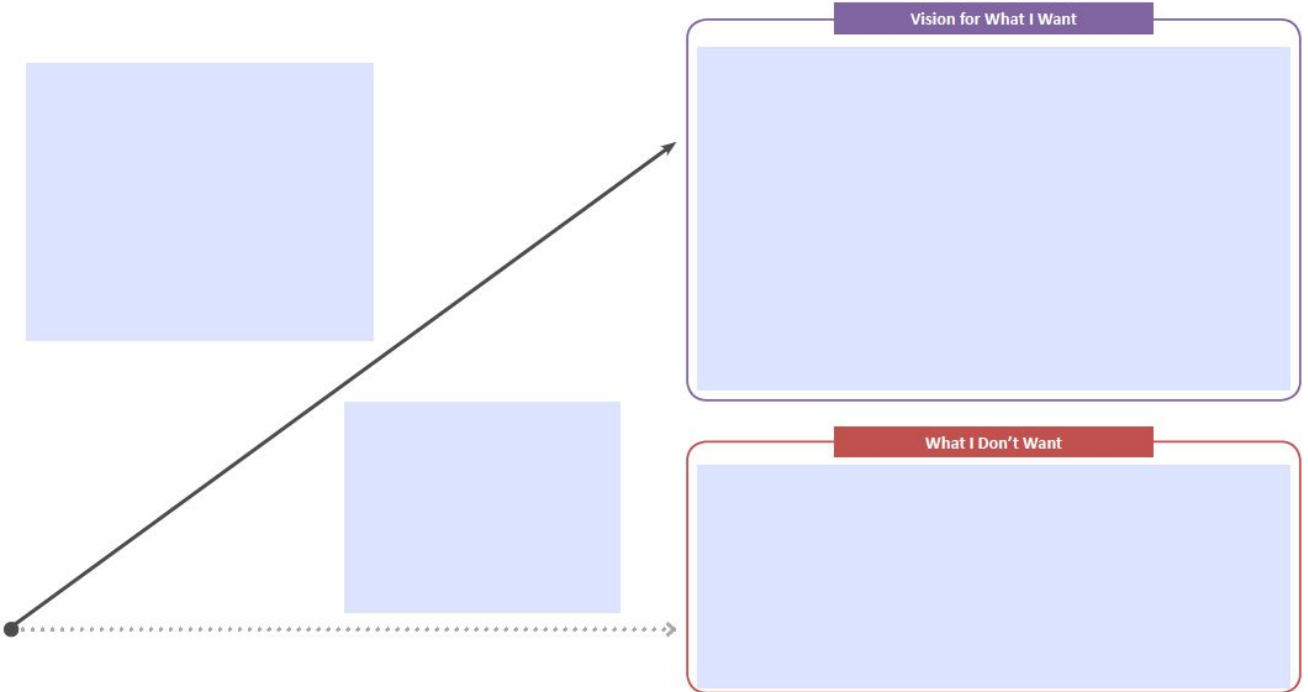
- Templates can be found online and the DSPD Person-Centered Planning page
- Can use written words, pictures, icons, symbols
- Can be used multiple ways

The image shows a template for a 'One-Page Profile' form. It is designed with a light green border and a white background. The form is divided into four main sections, each with a teal header bar:

- My One-Page Profile**: This section contains two input fields. The first is labeled 'Your Name Here' and the second is labeled 'Age and Occupation'. To the right of these fields is a dashed rectangular box, likely for a photo or drawing.
- What people appreciate about me**: This section is a large, empty rectangular box for writing or drawing.
- What is important to me**: This section is a large, empty rectangular box for writing or drawing.
- How to support me**: This section is a large, empty rectangular box for writing or drawing.

Trajectory Worksheet for Exploring

 LIFE TRAJECTORY | EXPLORING



The diagram illustrates a life trajectory starting from a black dot at the bottom left. A solid black arrow points diagonally upwards and to the right, ending at the top-right corner of a large light blue box. A horizontal dotted arrow points from the starting dot to the bottom-left corner of the same large box. To the left of the main trajectory, there are two smaller light blue boxes: one in the upper left and one in the lower right. To the right of the main trajectory, there are two large light blue boxes stacked vertically. The top box is labeled 'Vision for What I Want' in a purple header, and the bottom box is labeled 'What I Don't Want' in a red header.

Vision for What I Want

What I Don't Want

Trajectory Worksheet for Planning

The diagram is a worksheet for planning, titled "Trajectory Worksheet for Planning". It features a central circular node with four arrows pointing outwards to four rectangular boxes. The top-left box is titled "Past Life Experiences" and contains two sub-sections: "List past life experiences and events that have supported your vision for a good life" and "List past life experiences that pushed your trajectory toward things you don't want". The top-right box is titled "Moving Forward" and contains two sub-sections: "List current or future life experiences or goals that will continue to support your good life vision" and "List things to avoid that could keep you from your good life vision or lead to what you don't want". The bottom-right box is titled "Vision for What I Want" and contains the instruction "List what you want your 'GOOD LIFE' to look like". The bottom-left box is titled "What I Don't Want" and contains the instruction "List the things you don't want or what is NOT a 'good life'". The central node is a small circle with a square inside it. Arrows point from the central node to each of the four boxes. There are also arrows pointing from the "Past Life Experiences" box to the "Moving Forward" box, and from the "What I Don't Want" box to the "Vision for What I Want" box.

Past Life Experiences
List past life experiences and events that have supported your vision for a good life

List past life experiences that pushed your trajectory toward things you don't want

Moving Forward
List current or future life experiences or goals that will continue to support your good life vision

List things to avoid that could keep you from your good life vision or lead to what you don't want

Vision for What I Want
List what you want your "GOOD LIFE" to look like

What I Don't Want
List the things you don't want or what is NOT a "good life"

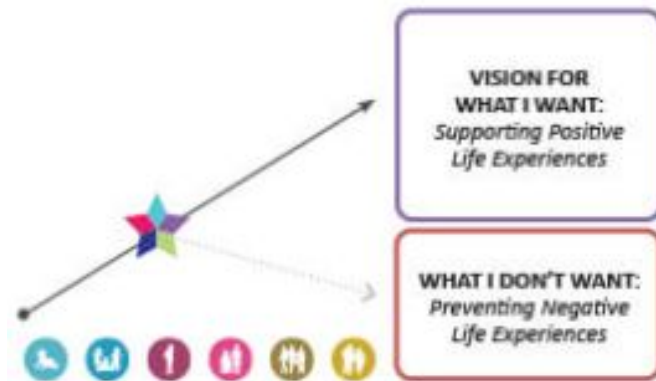
LifeCourse Framework

Our Core Belief: All people have the right to live, love, work, play, and pursue their own life aspirations.



- Focuses on ALL people
- Within the context of family and community
- Across the lifespan and life domains
- Achieving life outcomes
- Integrated services and support
- www.lifecoursetools.com

Trajectory to a Good Life



Charting the LifeCourse

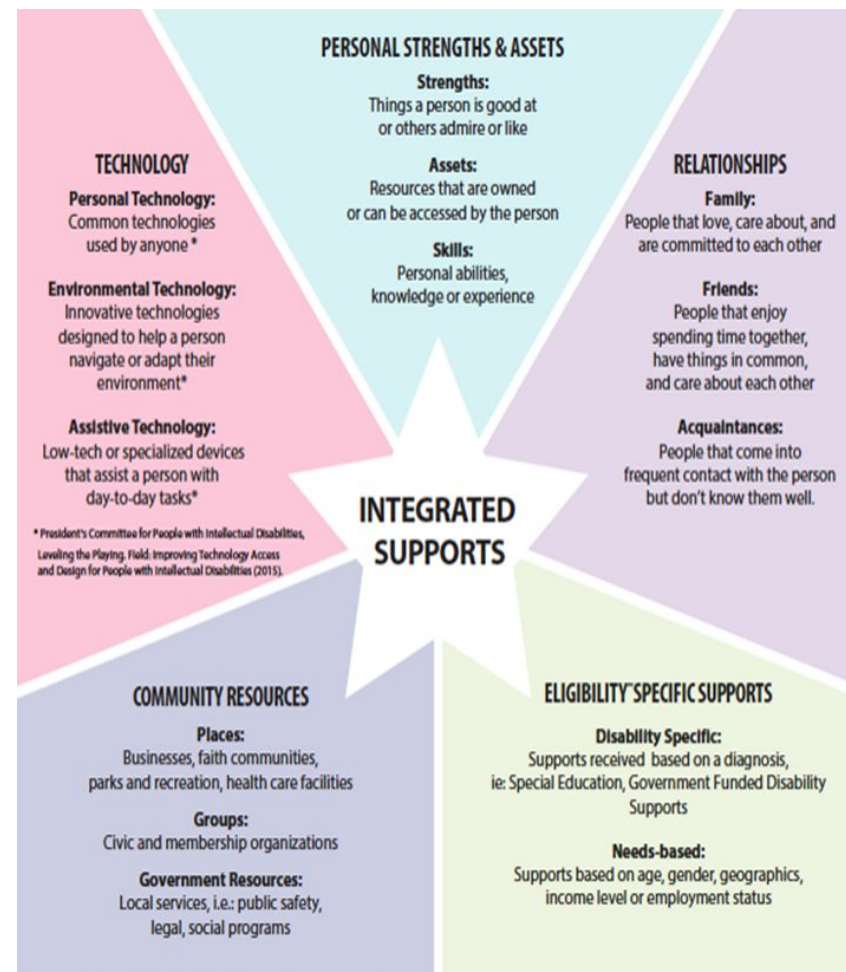
Integrated Supports Star

Invites you to consider
resources in 5 different
categories

Integrated Supports Star

Five Areas of Support

- Personal Strengths and Assets
- Relationships
- Eligibility-Specific Supports
- Community Resources
- Technology



How to Use the Integrated Supports Star

- Can use pictures and icons
- Use for a specific purpose – respite, employment, problem-solving
- Use for implementation of goals
- Use to organize resources
- Divide into have and need now
- Divide into now and future

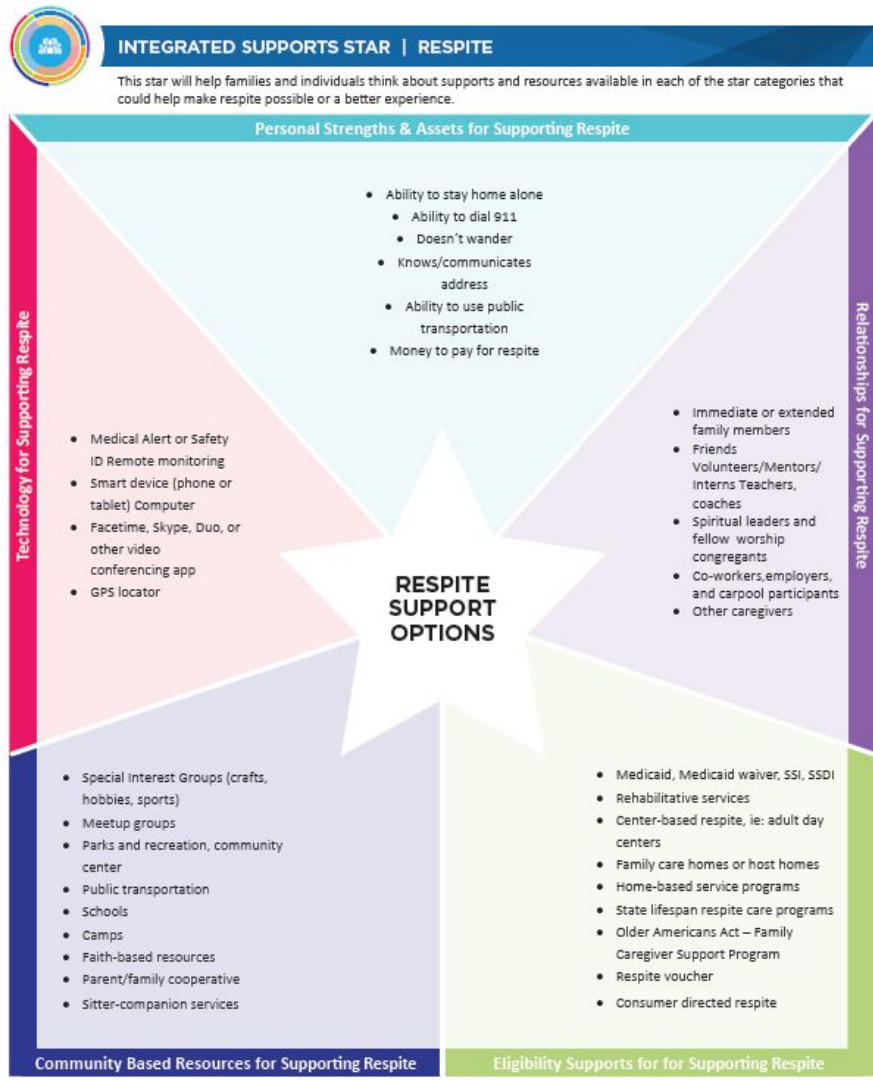


Respite “Starter” Star

Starter Stars offer prompts to help complete the Star for your loved one.

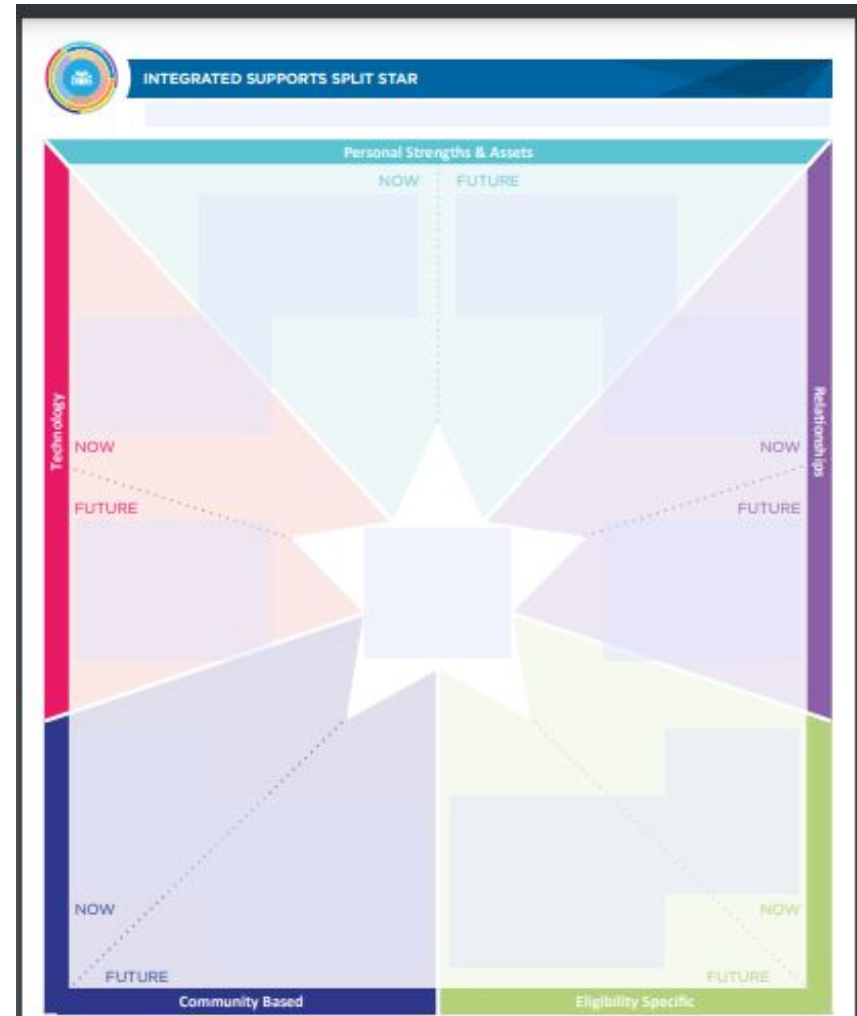
Not an inclusive list - just some ideas to get the conversation started

This and other Starter Stars are available at LifeCourseTools.com for free download.



Split Support Star

- Fillable PDF
- Splits each category in half
- Can use for now and future, or have and need



Check In and Challenge

- How might the Integrated Supports Star help you and your loved one connect to your community?
- What concerns do you have about filling it out?

Challenge: Complete an Integrated Supports Star with your loved one.

Relationship Map

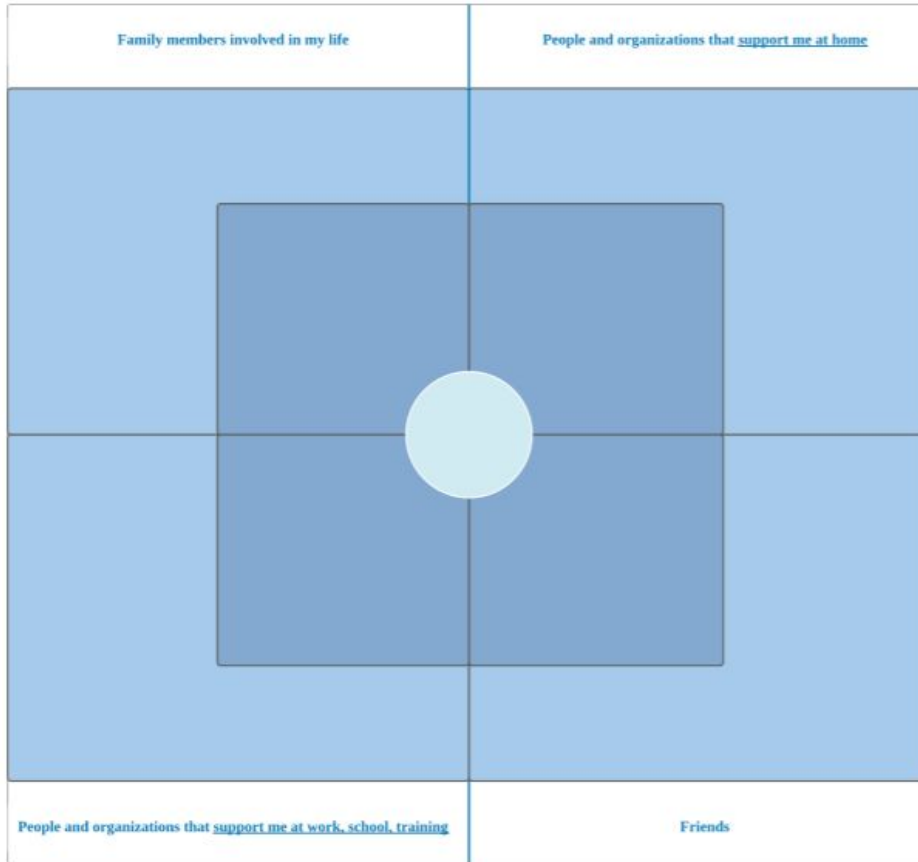
Identify family, friends, and support network for the person

Person-Centered Planning Relationship Map

Relationship Map

Identify those in your
“circle”

- Family Members Involved in My Life
- People and Organizations That Support Me at Home
- People and Organizations That Support Me at Work, School, Training
- Friends

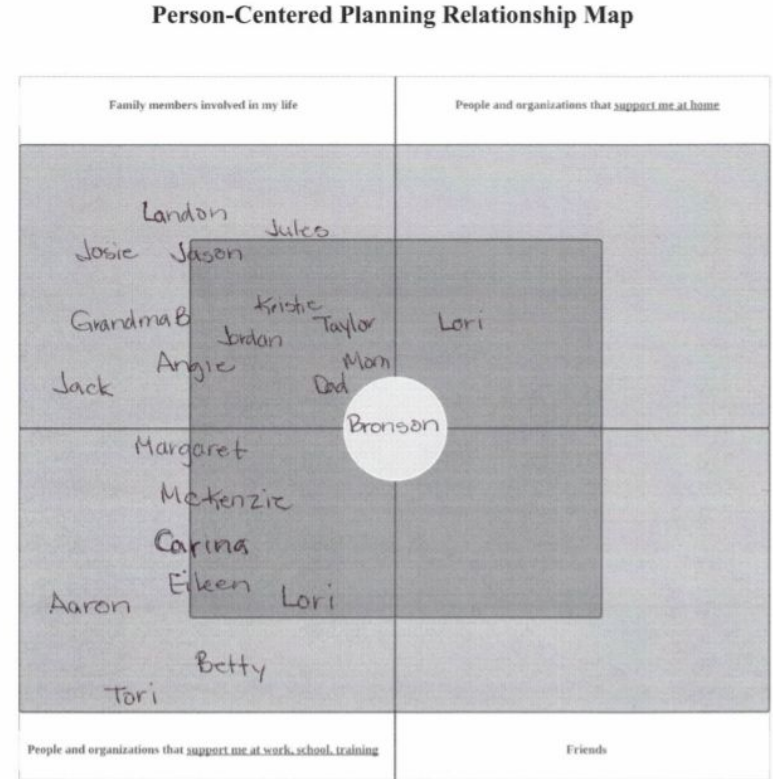


How to Use the Relationship Map



Sample Relationship Map

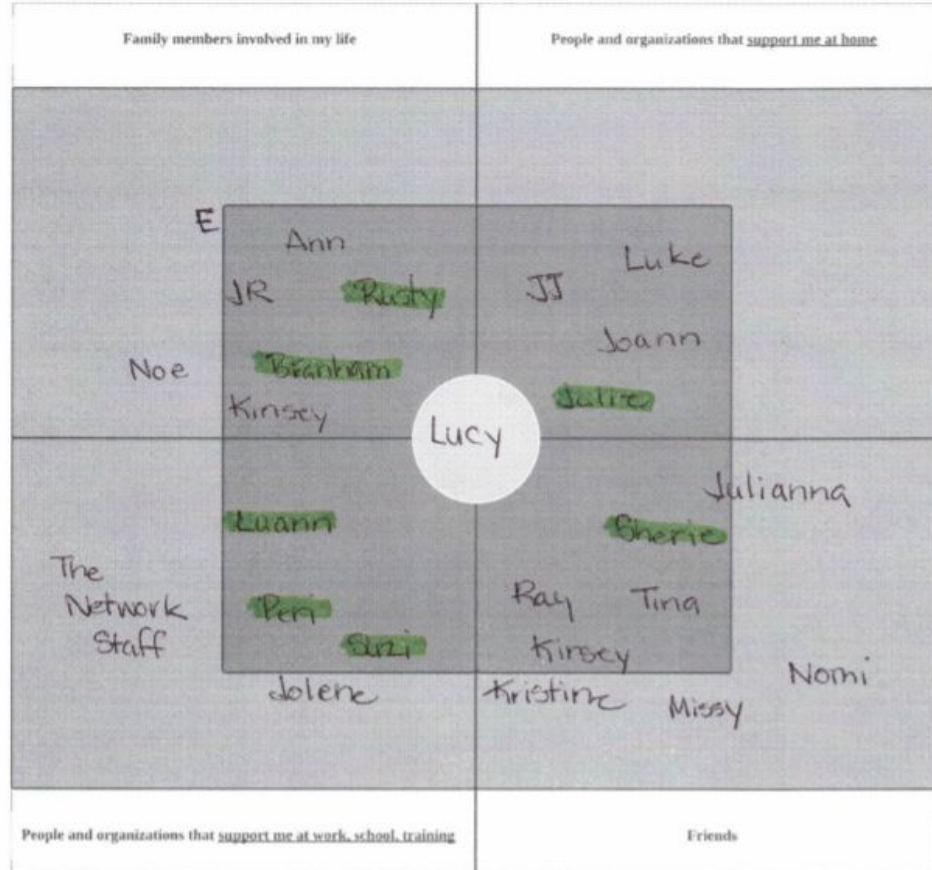
1. Write the person's name in the center
2. Write the names of other relationships on the map - more important roles closer to the person. Put names in applicable areas. Some may be in more than one place.
3. Look for patterns, themes, holes
4. Brainstorm ways to fill in gaps



Person-Centered Planning Relationship Map

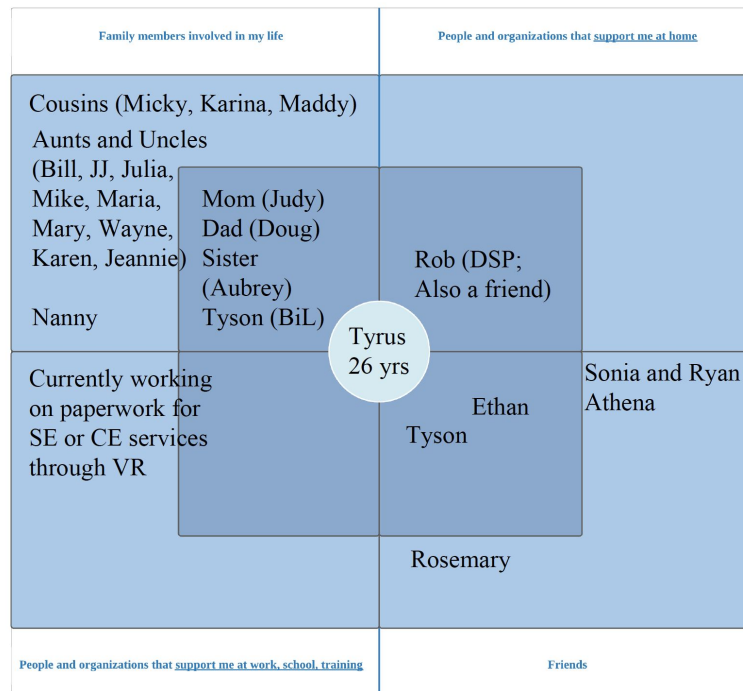
Another Sample Relationship Map

Helpful to use before a Person-Centered Planning Meeting to determine who the individual would like to have attend.



Additional Sample Relationship Map

Person-Centered Planning Relationship Map



Check In and Challenge

- How might the Relationship Map help you and your loved one expand your circle of support?
- What concerns do you have about filling it out?

Challenge: Complete a Relationship Map with your loved one.

Questions?



DSPD Intake Information

Explanation of the DSPD intake process and link to apply online available at: <https://dspd.utah.gov/intake-process/>

or call 1-844-275-3773 and choose the "Apply for Services" option to speak with an intake worker

*Spanish speaking intake workers are available

Coming Up ...

Drop in Session - March 22, 2022 from 10-11 am via ZOOM

Next Webinar - April 12 with a drop-in April 26

For questions on Charting the LifeCourse tools:

Contact Lisa Wade (801) 272-1051 lisa@utahparentcenter.org or

Aubrey Snyder aubrey.snyder@usu.edu